



# Safe Haven August 2020

**Arroyo Grande Wellness Center**  
**"Safe Haven"**  
 203 Bridge St. Arroyo Grande, CA 93420  
 (805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3</b> <b>All Groups will be Virtual</b>  11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Yoga and Light Movement	<b>4</b> <b>All Groups will be Virtual</b>  10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression	<b>5</b> <b>All Groups will be Virtual</b>  10-11 Navigating Social Anxiety 12-1 Coping with Depression and Anxiety 2-3 One on Ones	<b>6</b> <b>All Groups will be Virtual</b>  11-12 Yoga and Light Movement 1-2 Grounding and Meditation 2-3 Show and Share	<b>7</b> <b>All Groups will be Virtual</b>  10-12 WRAP w/ Victoria Meredith 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour	
<b>10</b> <b>All Groups will be Virtual</b>  11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Sound Bath w/ Jamie Dubin of Harmonic Prana	<b>11</b> <b>All Groups will be Virtual</b>  10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression	<b>12</b> <b>All Groups will be Virtual</b>  10-11 Navigating Social Anxiety 12-1 Coping with Depression and Anxiety 2-3 Listening for the Insights with Zazz Daniel	<b>13</b> <b>All Groups will be Virtual</b>  11-12 Yoga and Light Movement 1-2 Grounding and Meditation 2-3 Show and Share	<b>14</b> <b>All Groups will be Virtual</b>  10-12 WRAP w/ Victoria Meredith 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour	
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<b>24</b> <b>All Groups will be Virtual</b>  11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Sound Bath w/ Jamie Dubin of Harmonic Prana	<b>25</b> <b>All Groups will be Virtual</b>  10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression	<b>26</b> <b>All Groups will be Virtual</b>  10-11 Navigating Social Anxiety 12-1 Coping with Depression and Anxiety 2-3 Listening for the Insights with Zazz Daniel	<b>27</b> <b>All Groups will be Virtual</b>  11-12 Yoga and Light Movement 1-2 Grounding and Meditation 2-3 Show and Share	<b>28</b> <b>All Groups will be Virtual</b>  10-12 WRAP w/ Victoria Meredith 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour	
<b>31</b> <b>All Groups will be Virtual</b>  11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Yoga and Light Movement	<b>Please be mindful to be on time for our virtual groups</b>  	<b>Currently, all groups offered are Virtual only.</b> Please call for login information or to sign up as a new member. <b>(805)489-9659</b>	<b>Re-Opening Procedures</b> <b>Members &amp; Employees are required to wash/sanitize their hands and wear a mask while at the center.</b> <b>All members attending In- Person or Virtual Groups are required to register as a member to participate.</b>	<b>Members and Employees are required to follow social distancing guidelines while at the center.</b> <b>Anyone who has experienced recent symptoms of COVID-19 illness will be asked to leave the center.</b>	